

## ACID AND ALKALINE FOODS

A diet containing 70-80% alkaline-forming foods is ideal for healthy living.

Table shows amount of fiber and chemical toxicity.

**Where toxicity reads high, best to buy organic – by Dr. Bevacqua**

<b>ACID Fruits</b>	<b>Fiber/g/cup</b>	<b>Toxicity</b>	<b>ALKALINE Fruits</b>	<b>Fiber/g/cup</b>	<b>Toxicity</b>
Sour Fruits			<b>Lemons</b>	2	<b>High</b>
Cranberries			<b>Limes</b>	1	<b>High</b>
Rhubarb			<b>Oranges</b>	3	Low
Pomegranates			<b>Grapefruits</b>	3.8	Medium
Strawberries	2.7	<b>High</b>	<b>Tomatoes</b>	2.7	
Grains			<b>Apples</b>	3.6	<b>V. High</b>
<b>Grains</b>			<b>Apricots</b>	3	Low
Brown Rice	4	V. Low	<b>Berries</b>	4.0	Medium
Barley	6		<b>Cherries</b>	3	<b>High</b>
Wheat			<b>Fresh figs</b>		V. Low
Oats		V. Low	<b>Grapes</b>	1	Medium
Rye			<b>Kiwis</b>	3	Medium
Breads		Low	<b>Mangos</b>	4	V. Low
<b>Seeds</b>			<b>Nectarines</b>	1.8	Medium
Chia			<b>Papayas</b>	5	Low
Flax			<b>Peaches</b>	2	Low
Pumpkin	1		<b>Pears</b>	5.0	Medium
Sesame	3		<b>Plums</b>	0.8	<b>High</b>
Sunflower	4		<b>Bananas</b>	2.9	Low
<b>Nuts</b>			<b>Dates</b>	13	V. Low
Cashews	5		<b>Figs (dried)</b>	18	V. Low
Walnuts	4.6		<b>Prunes</b>	6	Low
Filberts	8		<b>Raisins</b>	6	<b>V. High</b>
Peanuts	1.9		<b>Cantaloupe</b>	1.2	Medium
Peacans	8		<b>Honeydew</b>	1	V. Low
Macadamias	12		<b>Watermelon</b>	0.6	V. Low
<b>Beans&amp;Peas</b>			<b>Olives</b>	0.9	
Aduki	1		<b>Cocoanuts</b>		
Kidney	16	V. Low	<b>Vegetables</b>		
Lentils	16	V. Low	<b>All Raw are Alkaline</b>		
Navy	12		<b>Carrots</b>	1.4	<b>High</b>
<b>Oils</b>			<b>Potatoes + skin</b>	4.9	
Nut oils	0		<b>Squashes</b>	1.2	<b>V. High</b>
Butter	0	<b>V. High</b>	<b>Leafy veg.</b>	1	

<b>ACID Sugars</b>	<b>Fiber</b>	<b>Toxicity</b>	<b>ALKALINE</b>	<b>Fiber</b>	<b>Toxicity</b>
			<b>Spinach</b>	1	<b>High</b>
Brown Sugar	0		<b>Broccoli</b>	5.4	Medium
White Sugar	0		<b>Celery etc...</b>	2.1	<b>High</b>
Milk sugar	0		<b>Dairy</b>		
Cane sugar	0		<b>Nonfat milk</b>		
Malt sugar	0		<b>Goats milk</b>		
Maple syrup	0		<b>Nuts</b>		
Molasses	0		<b>Raw Almonds</b>	5.6	
<b>Meat&amp;Dairy</b>			<b>Brazil Nuts</b>		
All meats	0		<b>Seeds</b>		
Fish	0		<b>All sprouted seeds</b>		
Fowl	0	V. Low	<b>Grains</b>		
Eggs	0		<b>Millet</b>	3	
Cheese	0	<b>High</b>	<b>Buckwheat</b>	8	
Milk	0		<b>Corn</b>		
Yogurt	0		<b>Quinoa</b>		
Butter	0		<b>All sprouted grains</b>		
			<b>Oils</b>		
			<b>Olive oil</b>	0	<b>High</b>
			<b>Soy oil</b>	0	Low
			<b>Sesame seed</b>	0	
			<b>Sunflower</b>	0	
			<b>Corn</b>	0	Medium
			<b>Safflower</b>	0	<b>High</b>
			<b>Cottonseed</b>	0	
			<b>Sugars</b>		
			<b>Honey</b>	0	V. Low
			<b>Beans &amp; Peas</b>		
			<b>All sprouted</b>		
			<b>Limas</b>		
			<b>Soybeans</b>	5	